

## Catagories of Dried Beans, Lentils and Legumes

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It may help digestion problems, to chose beans from the softer beans groups and avoid those from the hard bean groups. Beans that atre in the soft group require no soaking and cook in the shortest times.

Softest Beans	Soft Beans	Hard beans	Hardest Beans
Split Peas Black Eyed Peas Lentils Mung Azuki Fava Beans Broad Bean Butterbean Windsor Bean English Bean Madagascar Bean Wax Bean	Lima Beans Pink Beans Pinto Beans Navy Beans Anasazi Black Turtle Canellini Beans Fazolia Bean White Kidney	Great Northerns Kidney Beans Whole Peas Red Beans Black Beans Garbanzos (Chickpeas) Brown Beans Pequeno Beans Canary Beans	Soybean
Soaking not usually required - check package	Minimum soaking time - 4 hours	Minimum soaking time - 8 hours	Minimum soaking time - 24 hours
Minimum cooking time - 8 minutes	Minimum cooking time 9-12 minutes	Minimum cooking time 12-15 minutes	Minimum cooking time 25-30 minutes

Use the natural release method when cooking any variety of dried beans.

Many factors influence cooking times. Use this information as a guideline, but the actual cooking times may vary depending on your pressure cooker, heat source and the quality and/or quantity of the food. See more information on bean [varieties and cooking times](#). Also see the article on cooking at [high altitude](#).

